



# AERABO®



## ACTIVE BOOST GRASS FED MILK POWDER

FROM THE GOLDEN VALLEYS  
OF IRELAND

### WHAT IS GRASS FED MILK?

The nutrient rich grass and clover our cows graze produces a superior tasting milk powder with natural health benefits. Our cows graze on our open pastures for an average of 250 full time days over the season.

### AERABO ACTIVE BOOST, LOW FAT MILK POWDER

A healthy and delicious low fat dairy drink with prebiotics, active probiotics and antioxidants for immune support. High in selenium and vitamins C&D for those seeking a healthy, fortified lower calorie dairy drink that delivers grass fed, natural nutritious goodness.

### BROUGHT TO YOU BY DAIRYGOLD

With 2,650 milk suppliers and a turnover of €1.65billion, Dairygold is Ireland's leading multi purpose Dairy and Agri Co-Operative Business. From the most fertile dairy hinterland in the world, our mission is to nourish people across the globe with naturally sourced, gold standard dairy ingredients. Please visit [www.dairygold.ie](http://www.dairygold.ie)



HEALTH & NUTRITION

The Gold Standard, Powdered Milk  
[www.aerabo.ie](http://www.aerabo.ie)

# HERO INGREDIENTS

Typical Value	Per 100g	Reference Intakes*
Energy (kJ)	1672 kJ / 352 kcal	8400 kJ / 2000 kcal
Fat	2.7 g	70.0 g
of which Saturates	1.6 g	20.0 g
Carbohydrate	57.2 g	260.0 g
of which Sugars	57.2 g	90.0 g
Fibre	2.4 g	25.0 g
Protein	24.5 g	50.0 g
Salt**	0.85 g	6.00 g

Vitamin A	600 µg RE	800 µg RE (75% RI)
Vitamin D	10.0 µg	5.0 µg (200% RI)
Vitamin E	8.4 mg α-TE	12.0 mg (70% RI)
Vitamin C	14.0 mg	80 mg (175% RI)
Vitamin B2	1.5 mg	1.4 mg (107% RI)
Vitamin B6	1.4 mg	1.4 mg (100% RI)
Vitamin B12	2.1 µg	2.5 µg (84% RI)
Potassium	300 mg	2000 mg (55% RI)
Calcium	850 mg	800 mg (106% RI)
Phosphorus	675 mg	700 mg (96% RI)
Magnesium	75.0 mg	375.0 mg (20% RI)
Iron	9.0 mg	14.0 mg (64% RI)
Zinc	9.0 mg	10.0 mg (90% RI)
Selenium	4.0 µg	50 µg (80% RI)
Iodine	85.0 µg	150.0 µg (57% RI)

## Allergens:

Milk, Soya

## Storage Advice:

Product should be stored in a cool dry place not in direct sunlight. Once opened, the product should be consumed within 30 days.

## Intended Use:

This product is intended for general adult nutrition and not for infant formula.

## Serving Suggestion:

30g (3 x scoops) of Aerabo Active Boost powder is to be mixed with 200ml of water at 40°C. Stir and consume.



## WHAT MAKES GRASS FED MILK FROM IRELAND SPECIAL?

  
**95%  
GRASS FED**

95% of the typical diet of Irish cows comes from lush green grass and clover.

  
**1,250mm  
ANNUAL RAINFALL**

1,250mm average annual rainfall creates perfect growing conditions for grass.

  
**10°C  
ANNUAL AVERAGE**

10°C average annual temperature created by the warmth of the gulf stream across our coast.

  
**250  
DAYS ON PASTURE**

Average days on pasture creating healthy, happy cows.

## HEALTH BENEFITS OF AERABO GRASS FED MILK POWDER

- ✓ Higher values of true protein.
- ✓ Higher values of the essential amino acid tryptophan.
- ✓ Higher values of vitamin B2 (riboflavin).
- ✓ Higher values of conjugated linoleic acid (CLA).
- ✓ Higher values of provitamin A.
- ✓ Higher in Beta Carotene.
- ✓ Higher levels of anti-oxidant tocopherols.



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